(Monroe Institute Blog – August 4, 2022)

PONDERING ON THE IDEA OF DEATH

Malorie Mackey
Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Death. It's a topic that terrifies the vast majority of humanity. Generally, the simple question that drives this fear is, "*What happens to me after I die?"* As humans, we are naturally afraid of the unknown. When we don't know what is to come, usually our reaction is to be, well, terrified. As we age and get closer to our inevitable deaths, this thought tends to come up more often. In fact, many participants in Monroe Institute programs that I've attended have expressed a specific interest in learning more about what will happen to us after we die. I, myself, became more curious about this topic after losing my dear cat, Tobi, two years ago.

I think the reason it can be so hard for us to understand death is the difficulty of grasping the idea of a nonphysical existence. That's why learning about our nonphysical "bodies" at the Monroe Institute can be such a valuable asset in the study of death.

Who we are is based on many factors—our physical bodies, our minds, our spirits and our thoughts. As René Descartes said, "I think, therefore I am."

I have been regularly thinking about this rather abstract topic. Over the past few weeks, this idea has been sticking in my brain. Who we are is based on many factors—our physical bodies, our minds, our spirits and our thoughts. As René Descartes said, "I think, therefore I am."

Despite living many lives and moving through multiple existences, we are never really the same person twice, are we? Even if we are the same spirit, thoughts and energies, our different physicality and environments, likely change who we are and the way we think from life to life.

Who is to say that my energy won't combine with the energy of another person close to me, either while I'm alive or after I die, making me yet again transform into something new?

Further, perhaps our energies grow and change each life and continue to make us very different nonphysical beings throughout our lives and transformations. Who is to say that my energy won't combine with the energy of another person close to me, either while I'm alive or after I die, making me yet again transform into something new?

Physics even tells us that we leave trails of our energy everywhere we go, so, perhaps, we are constantly changing our energy bodies, evolving and merging with new energies, a constant string of change and development. Who I was when I was young would be a very different person than who I will be when I die. We can all agree that humans grow and evolve throughout our lives, right? Due to environmental factors, who is in our lives at one time or another, and how we think, we are always evolving slightly.

We are constantly a growing, evolving and changing energy body with different personalities under different circumstances.

So, by naturally growing, changing and combining energies in life (and possibly between lives), we are never exactly the person we are now from one life to another. We are constantly a growing, evolving and changing energy body with different personalities under different circumstances.

My time taking Gateway Voyage helped solidify that we ARE more than our physical bodies. And my time in both Lifeline and Exploration 27 has helped me to grasp more of the idea of our energy bodies and what happens to us in between lives, both before and after we die. I've been eyeing the program Timeline as something that might add to my thoughts on death, as well.

...people who rely more solely on their logic and reason (or left brain) may have trouble accepting the clear lessons laid out before them in the different programs they take.

I guess what I've come to know and accept is that we will never definitively know what happens to us after we die while we are living in this life, and the people who rely more solely on their logic and reason (or left brain) may have trouble accepting the clear lessons laid out before them in the different programs they take. However, all we can do is grow and learn, coming up with our own theories and acquiring knowledge and experience that help us to better understand and solidify them. I, for one, am looking forward to continuing my journey and learning more about my nonphysical body and what happens to us after we die. I may never grasp it in this lifetime, but it's something I enjoy probing.